

ABSTRACT

A method of manufacturing a torsion bar includes a first shaping step of reducing a diameter of a round bar steel material according to cold drawing work so as to have a hardness including
5 an inside through a surface layer of 320 or more to 450 or less by Vickers hardness (HV) , and a second shaping step of cutting a midway area of the steel material in the longitudinal direction so as to obtain a spring portion.